

III. ПРОБЛЕМИ МЕТОДИКИ НАВЧАННЯ ТЕХНОЛОГІЧНИХ ДИСЦИПЛІН

THE YOUTH'S HEALTH-SAVING CULTURE DEVELOPMENT AS A PRESSING ISSUE OF MODERNITY IN EDUCATORS' TRAINING PROCESS

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Розглядається рівень обізнаності одинадцятикласників і студентів першокурсників з проблем формування статевої культури і здорового способу життя, а також роль освіти у статевому вихованні молоді і підготовці її до сімейного життя.

Ключові слова: здоровий спосіб життя, репродуктивне здоров'я, статева просвіта.

The Subject of present study is an 11th grade pupils' and first year students' level of awareness about the issues concerning healthy lifestyle and sex culture, as well as importance of the educational system for youth's sex education and development of an appropriate educational background for family life, as long as all the above mentioned is essential for health-saving culture.

Keywords: healthy lifestyle, reproductive health, sex education.

Problem statement. Development of a healthy lifestyle, students' valueological world outlook and valueological behaviour during higher education prove to be a priority area in teaching and educational process. It is also essential for training Educators, adherent to democratic and humanist principles. According to the National Birth Control Program approved by Cabinet of Ministers of Ukraine and National Program "The Children of Ukraine" much attention was directed to issues of hygienic education and development of a good educational background for family foundation and giving birth to a healthy child.

Unfortunately, even fairly broad pupils' participation in the educating campaign dedicated to reproductive health and healthy lifestyle didn't help with their low level of awareness in this field. Although as the main problem we might recognise a lack of inner command for healthy lifestyle compliance and understanding, that it's them who are responsible for their own sex behaviour. The majority of scientists studying this issue came to the conclusion, that as long as sex education campaigns don't base on the universal moral (religious) standards and don't appeal to the youth's personal responsibility, they are not just inefficient but also fraught with significant moral damage to youth.

As such, taking into account medical and pedagogic importance of issue, **the Goal of present study** was to analyse all its medical and pedagogic aspects, which are the constituents of youth's reproductive culture (anonymous surveys' analysis). The suggested survey includes some questions about healthy lifestyle; primary source of information the respondent learned about sex relations from;

contraception and abortion's aftermath; sexually transmittable diseases and HIV/AIDS.

It is important to investigate by what means do they gain information about sex relationship between young men and women. According to Table 1, pupils and students learn about intimate relationship between male and female mainly from their friends (46.8%) and television (40.5%). Unfortunately, in this survey lower rates belong to parents (10.3%), teachers (7.5%) and public health care workers (3.35%).

Table 1

**Pupils' and University Students' Sources of Information
about Intimate Relationship between Male and Female**

№	Source of information	Average rate %	11 th grade, Kirovograd			1st year students, KSPU		
			Boys (324), %	Girls (295), %	Total (619), %	Boys (234), %	Girls (309), %	Total (543), %
1.	Friends	46,8	37,7	40,9	39,3	56,0	52,6	54,3
2.	Television	40,5	46,2	38,3	42,2	44,3	33,6	38,95
3.	Books, magazines	19,2	17,0	26,5	21,5	12,2	21,5	16,85
4.	Parents	10,3	5,8	12,0	8,9	8,8	14,7	11,75
5.	Siblings	7,8	6,1	5,2	5,6	10,1	12,0	10,05
6.	Teachers/ Lecturers	7,5	7,1	5,7	6,4	8,0	9,3	8,65
7.	Public health care workers	3,35	2,8	4,0	3,4	3,5	3,1	3,3
8.	Lectures, held by specialists	2,0	3,3	2,5	2,9	0,9	1,4	1,1
9.	Other	4,7	6,4	5,1	5,8	3,2	4,0	3,6

*Total number exceeds 100% as there was no limit on the number of answer choices allowed in the survey.

We think, that it's not only the imperfect and uninteresting school educating programs' content to blame for pupils gaining information about sex from other, often queer, sources instead of asking teachers about it (6.4% occasions only). The much more important reason (according to R.O. Valetska [1], S.V. Lukashchuk-Fedyk [2], V.M. Orzhekhovska [3], O.I. Pylypenko [4], N.V. Samoilova [5], O.A. Shevchuk [6]) is the implementation of aforesaid programs by dilettante and incompetent adults, enjoying no confidence among pupils. Survey results show teenagers, especially female, disclaiming their teachers as an information source about sex relations and also considering them to be boring, incompetent, screwed-up, old-fashioned and with no sense of humour. An effective sex education has to be implemented by a competent person. As long as sex education doesn't mean only providing the students with some information about this area of human's life its main objective is to give them a solid world outlook and moral values. It is real only if you appeal not so much to children's mind or consciousness, as to their inner world, emotions and feelings.

As according to anonymous survey (Table 2) one in four 12th grade pupils (24.8%) and one in three 1st year students (34.4%) already had sexual experience. We took notice of clear trend for pupils and students as well: almost 100% smokers and those who drink alcohol on the regular basis did have sex relations already.

Table 2

School and University Students' Survey Results Regarding the Healthy Lifestyle

Answer options	Total abstainer	Nonsmoker	Go in for sports regularly	Had sex relations already	Sometimes drink alcohol	Sometimes smoke	Go in for sports not regularly	Had sex relations already	Drink alcohol regularly	Smoke regularly	Don't go in for sports at all	Had sex relations already
	%	%	%	%	%	%	%	%	%	%	%	%
Audience (amount of respondents)	11 th grade											
Boys (324)	23,5	26,7	40,1	2,4	71,0	37,4	36,3	6,2	5,5	35,9	23,6	21,6
Girls (295)	28,9	64,1	23,3	2,0	68,1	24,4	26,5	6,4	3,0	11,5	50,2	10,6
Total (619)	26,0	49,8	32,1	2,2	69,6	31,1	31,7	6,3	4,4	19,1	36,2	16,3
	1st year, KSPU											
Boys (234)	38,6	85,5	33,8	8,5	40,6	4,1	35,9	12,0	20,8	10,4	30,3	10,2
Girls (309)	40,4	84,2	21,4	12,0	48,9	3,6	27,2	13,6	10,7	12,2	51,4	11,7
Total (543)	39,6	84,7	26,7	10,5	45,3	3,9	30,9	12,9	15,1	11,4	42,4	11,0

Beginning sexual activity at an early age along with a lack of knowledge about means of contraception and the improper usage of these means do increase the venereal, gynaecological diseases and HIV infection risk. According to the Ministry of Public Health's statistics, more than 20 000 female pupils annually give birth in Ukraine and the number of unplanned pregnancies and abortions among teenagers, whereas they are still biological, psychological and social immature, steadily increases. Annual amount of abortions, made in Ukraine, exceeds the same rate in other European countries by more than 7 times. 48-60% of women in their childbearing years have gynaecological diseases because of previous abortions. Fairly illustrative is the 11th grade pupils' awareness about abortion and its negative effect on reproductive health. Survey data shows 31% boys and 16% girls consider the abortion to be the best way out of unintended pregnancy. We've also investigated the attitude of "young fathers" to potential pregnancy of their girlfriends. The question: "What would you do, if your beloved girlfriend becomes pregnant?" was answered by 34% as following: "It's none of my business, but her"; 37% – "I would advise her to have an abortion"; 15% – "I would help her

financially to terminate the pregnancy" and only 4% – "Marry her and be a father". These answers make us fall to thinking.

Summing up what has been said before, research suggests that the development of an appropriate inner command, tolerant attitude to peers (to those of an opposite sex as well) and cultivation of clean relationship have to be the high-priority tasks for schools and higher education institutions. And the groundwork for future harmonious relationship is to be laid by means of right sex education. Every teenager must have an idea of family and understand its overall value and importance. Moreover, the implementation of all these tough tasks has to be naturally conducted and integrated into the teaching and educational process.

An uninterrupted development of a health-saving culture, same as sex education, with consideration of child's psychosexual development is essential: pre-school institution – school – higher education institution. This very aspect has to be pointed up when training future Educators and Tutors.

There is more than one way to implement valeological education and to develop students' culture of sex life. One of them is to study following subjects: Age-specific Physiology and Valeology, Fundamentals of Safety Measures in Life, Valeology, Basic medical training and a whole range of another subjects based on psychology and pedagogy. Inner commands for necessity of being healthy and the importance of health for successful study, further professional life and carrier and of course for the foundation of happy family and giving birth to healthy children are to be considered as the main constituents of students' lifestyle. Discrete role in the development of future Educators' health-saving culture has Valeology and Teaching Methods of Valeology. Structure of these subjects enables students to develop the sanogenic way of thinking, foster the conscientious and careful attitude towards their own and their children's health, same as to get the hang of some practical valeological skills, while mastering the healthy lifestyle. The aforesaid echoes in program content of training course "Valeology": "Human Health Effects of Environmental and Social Factors", "Theoretically Substantiated Lifestyle as a Physical Health Background", "Basics of Psychic and Mental Health", "Preventive Measures for Different Kinds of Deviant Behaviour", "Sex Education as Pledge of a Healthy Family Foundation", "Sexually Transmittable Diseases Prevention", "Individual Sanatory System as a Pledge of Long Full Life". It was developed in accordance to common threads principle, for students to master health fundamentals, sex relationship culture and preventive measures for deviant behaviour etc. We organize meetings with leading medical experts regularly in order to make students' valeological education even more effective and take preventive measures for deviant behaviour and propagation of venereal diseases and abortions. On graduation from pedagogical university the future Educator's health culture must be at level, enabling him to implement modern health-saving education methods.

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IMPRESSUM

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